

10.2.2021

KEEPING FIT AND CLEAN

Keywords

1. stale
2. chew
3. meals
4. breakfast
5. lunch
6. dinner
7. posture
8. hanky
9. exercise
10. brushing
11. teeth
12. regularly

I. Answer the following

1. Why should we wash our hands before each meal?

Ans. We should wash our hands before each meal to avoid germs getting into our body and making us sick.

2. Name any two outdoor games that keep our body fit?

Ans. Swimming, Yoga

II. Think and write (Real life application)

1. Why do you think it is important to wear a mask and use hand sanitisers these days?

Ans.